

**/WHAT IS ASSESSED HERE:  
HOW YOU SEE THE RELATION  
BETWEEN INDIVIDUAL DECISIONS  
AND PLANETARY CHALLENGES, HOW  
YOU FEEL ABOUT IT AND THE  
IMPACT ON YOUR PERSONAL  
BEHAVIORS.**

**YOUR SMI RESPONSES INDICATE  
THAT** you have a pragmatic approach to the world.

**You are comfortable when** you can distance yourself from distressing information about sustainability problems to avoid getting emotionally entangled. You are aware of the many environmental and social challenges, but you aim to keep them separated from your personal life. After all, you didn't cause them!

This can be a useful coping strategy. Perhaps you sense that you would be overwhelmed by emotions while feeling powerless to solve the problems, and you count on those responsible to fix them.

**/THINK ABOUT HOW YOU CAN FURTHER  
LEVERAGE THOSE STRENGTHS AND  
MANAGE SOME OF THE LIMITATIONS  
WHICH MAY BE HOLDING YOU BACK:**

We cannot comment on how those feelings and thinking impact your behaviors, since you indicated (by choosing "neither") that you did not feel represented by either of the available options.

However, we want to offer another way to look at this: What if you could identify small ways in which you realize that you are contributing to a problem, and then, begin to explore changes that are within your control? Certainly, you will not solve the bigger problems, but it may make you feel more empowered, less at the mercy of others, and

playing an active role that you may actually enjoy. Food for thought.

**/THOUGHTS TO PONDER WHEN YOU  
CONSIDER THE SM:**

Thinking of how we are personally contributing to the planetary challenges may not be something we do daily. Our demanding lives have many obligations and don't leave much time for reflecting on this. We are busy getting things done!

Yet when analyzing the current un-sustainability of our planet, science has clearly established a link between human behaviors in past decisions and the current problems we face. Much attention is now focused on how to repair the damage done, and how to restore damaged, depleted, or endangered resources. Scientists and entrepreneurs study how to minimize current or future problems at the environmental or social level, and how to innovate to avoid negative impacts into the future.

If we collectively influenced the place, we find ourselves in now (with all its problems), that means we also hold the key to influence where we will collectively be in the future – we: meaning humankind at large, or, from a closer perspective, our families, children, and grandchildren.

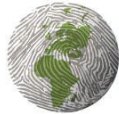
**/HOW ABOUT YOU TRY:**

What if you could develop the habit of asking yourself periodically: *how am I contributing to this problem?* This question opens a path of inquiry, which automatically leads to expansion of your consciousness. You become more alert to take notice, and thus more open to try out new behaviors.

This same question, by the way, is also a powerful tool that can improve your relationships and interactions with others! So often we focus on what others are doing unto us, which leaves us powerless. When we learn to pay attention to

what is our role in the problems we endure, we regain control and can actually do something.

Actively thinking about how we might be contributing to environmental or social problems makes us better planetary citizens. At the same time, this enhanced awareness is an important milestone in our broader personal development.



*When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness and develops social sensitivity.*